## Amendments to the Specification

Please replace the paragraph beginning at page 1, line 4, with the following rewritten paragraph:

This is the U.S. National Stage of International Application No. PCT/US2003/034668, filed October 31, 2003 (published in English under PCT Article 21(2)), which in turn This application claims the benefit of U.S. Provisional Application No. 60/423,119, filed November 1, 2002, and is a continuation-in-part of U.S. Patent Application No. 10/685,125 filed October 13, 2003, which is a continuation-in-part of copending U.S. Patent Application No. 10/326,549 filed December 19, 2002, which is a continuation of U.S. Patent Application No. 09/785,695 filed February 16, 2001, and which claims priority from PCT Application No. PCT/US02/04468 filed February 15, 2002, each of which is incorporated herein by reference.

Please the paragraph beginning at page 1, line 27, with the following rewritten paragraph: It has previously been noted that GLCN is not stable at high temperatures, see U.S. Patent 6,423,929 6,432,929. Therefore, in an attempt to avoid degradation of the cartilage health supplements U.S. Patent 6,423,929 6,432,929 teaches that beverages that include GLCN are prepared using a process that requires two separate heating steps, to minimize chemical alteration of GLCN. The juice drink base is prepared using pasteurization at about 195°F for 42 seconds. A separate GLCN water-based solution is prepared at a temperature of below 160°F. These two solutions are mixed to form the GLCN-supplemented beverage. U.S. Patent 6,423,929 6,432,929 also teaches incorporating cartilage health supplements into snack bars that are not heat-treated.

Please insert the Abstract, submitted herewith on a separate page, as page 27 at the end of the application.